

Nasomet®

Mometasone Furoate

Nasal Spray

Description

Mometasone is a corticosteroid demonstrating anti-inflammatory properties. The precise mechanism of corticosteroid's action on allergic rhinitis is not known. Corticosteroids have been shown to have a wide range of effects on multiple cell types (e.g., mast cells, eosinophils, neutrophils, macrophages, and lymphocytes) and mediators (e.g., histamine, eicosanoids, leukotrienes, and cytokines) involved in inflammation.

Dosage and Administration

Allergic Rhinitis:

Adults and Children 12 Years of Age and Older: The recommended dose for prophylaxis and treatment of the nasal symptoms of seasonal allergic rhinitis and treatment of the nasal symptoms of perennial allergic rhinitis is 2 sprays in each nostril once daily. In patients with a known seasonal allergen that precipitates nasal symptoms of seasonal allergic rhinitis, prophylaxis with Nasomet® Nasal Spray is recommended 2 to 4 weeks prior to the anticipated start of the pollen season.

Children 2 to 11 Years of Age: The recommended dose for treatment of the nasal symptoms of seasonal allergic and perennial allergic rhinitis is 1 spray in each nostril once daily.

Nasal Polyps: Adults 18 years of Age and Older: The recommended dose for nasal polyps is 2 sprays in each nostril twice daily. A dose of 2 sprays in each nostril once daily is also effective in some patients.

Indications and Uses

Nasomet® Nasal Spray is indicated for the treatment and prophylaxis of the nasal symptoms of seasonal allergic rhinitis and for the prophylaxis of the nasal symptoms of perennial allergic rhinitis, in adults and pediatric patients 2 years of age and older. It is also indicated for the treatment of nasal polyps in patients 18 years of age and older.

Use in Pregnancy and Lactation

Pregnancy: There are no adequate and well-controlled studies in pregnant women. Mometasone Furoate, like other corticosteroids should be used during pregnancy only if the potential benefits justify the potential risk to the fetus.

Lactation: It is not known if Mometasone Furoate is excreted in human milk. Since other corticosteroids are excreted in human milk, caution should be used when Mometasone Furoate is administered to nursing women.

Overdosage

There are no data available on the effects of acute or chronic over dosage with Mometasone Furoate. Because of low systemic bioavailability, and an absence of acute drug-related systemic findings in clinical studies, overdose is unlikely to require any therapy other than observation.

#### Side Effects

Generally side effects are mild and included headache, viral infection, sore throat, nosebleeds and coughing.

#### Contraindications

Hypersensitivity to any of the ingredients of this preparation contraindicates its use.

#### Precautions

Use with caution in active or inactive tuberculosis infection, herpes simplex virus infection of the eye, untreated infections affecting the body as a whole etc.

#### Commercial Pack

Nasomet® Nasal Spray: Each bottle contains 120-metered doses, each actuation delivers 50 mcg of Mometasone Furoate BP.

#### Note for users

1. Use your Nasal spray as directed by your physician. Do not exceed the recommended dose.
2. This medicine has been specially recommended by your doctor for you. Do not allow any other person to use it.
3. Keep your Nasal spray out of the reach of children.
4. Protect your Nasal spray from light. Store below 30°C but do not refrigerate. Use within two months of opening.

#### Patient Information

Please read this part before you start using your Nasal Spray

Before using :

1. Shake the bottle gently, then remove the dust cap. (Pic-1)
2. Hold the bottle (as shown) with your forefinger and middle finger on either side of the nozzle and your thumb underneath the bottle. (Pic-1)
3. Before using your Nasal Spray for the first time, or if you have not used it for a longer period, follow the instructions given below .

With the nozzle pointing away from you, press several times as shown until a fine uniform mist comes out of the nozzle. (Pic-2)

4. Blow your nose gently.(Pic-3)
5. Close one nostril and put the nozzle in other nostril as shown. Tilt your head slightly forward keeping the nozzle in the upright position.(Pic-4)
6. Start to breathe in through your nose and while breathing in, press down with your fingers once to release a spray. (Pic-4)
7. Breathe out through your mouth. Repeat steps 6 and 7 to have a second spray. (Pic-5)
8. Repeat steps 5, 6 and 7 for the other nostril. (Pic-6)
9. After use :

Wipe the nozzle with a clean cloth and replace the dust cap. (Pic-7)

Note :

The first time you use Nasal Spray, you may sneeze a few times. This is because the lining of your nose is very sensitive. This is not likely to happen after the first few dose.

This medication can, at times cause, a few side effects in certain hypersensitive individuals. If you notice any bleeding from your nose or experience any other discomfort, please inform your doctor.

Cleansing :

Your Nasal Spray should be cleaned at least once a week.

1. Push the nozzle upwards to detach from the bottle.
2. Wash the nozzle and dust cap in warm water. Shake off excess water and leave to dry in a warm place. Avoid excessive heat.
3. Replace the nozzle and dust cap.
4. If the nozzle becomes blocked, remove it and soak in warm water. Rinse under a cold tap. Allow to dry and refit. Do not use a pin or other sharp objects to unblock the nozzle.